

## ASSESSMENT OF MENOPAUSAL QUALITY OF LIFE USING QUALITY OF LIFE RATING SCALE IN THE SUBJECTS OF AGRA CITY

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### ABSTRACT

The word “Menopause” literally means the “end of monthly cycles.” Menopause is derived from the Greek word - mensis meaning -month and pausis meaning cessation. According to Indian menopause society (IMS) research, the average age of Indian menopausal women is 47. 5 years.

In the present study, the quality of life was assessed in 50 menopausal women aged 40-60 years residing in Agra city. Mean age of menopause was 45. 6 years. 42% were women able to control things in their life, 22% menopausal women felt challenged by their work. 26% women believed their work benefits the society and 36% women were are not content with their sexual life. 46% female were content with their romantic life and 28% women got personal recognition in community. 12% women were unhappy with their appearance and 12% women’s diet is not nutritionally sound. 8% women did not have control on their eating habit and 14 % women engage in active exercise three or more times/week. 8% women felt that their mood was generally depressed and 10% women felt anxiety. 6% women did not have control on things that were happening to them and 42% women were satisfied with sexual interaction with their partner. Only 2% women experienced physical discomfort or pain during sexual activity, 6 women had no control on their physical health. 28% women were proud of their occupational accomplishments and 40% women considered their life stimulating. 80% women set personal goals and 30% women were physically well.

**KEYWORDS:** Menopause, Quality of Life Scale

### INTRODUCTION

“Menopause is a universal phenomenon which can be perceived as unpleasant. The period is generally associated with unavoidable manifestation as aging process in women.” Menopause is a natural process that occurs as a woman’s ovaries stop producing eggs, and the production of hormones such as estrogen and progesterone declines. Menopause is a unique stage of female reproductive life cycle. A woman who has been period free for 1 year without being pregnant, breastfeeding is said to be in menopause. Bupathy Arounassalame et al. (2013) observed that the menopause related symptoms had a negative effect on the quality of life of the premenopausal and the postmenopausal women. More than 80%of the women experience physical or psychological symptoms in the years when they approach menopause, with various distresses and disturbances in their lives, leading to a decrease in the quality of life.

### OBJECTIVE

The paper attempts to understand the quality of life of menopausal women using quality of life (QOL) scale.

## MATERIAL AND METHOD

The present observational study was carried out at Shaheed nagar, Agra and Institute of Home Science Agra, Uttar Pradesh India over a period of 3 months from February to May 2014. 50 menopausal women who were in the age group 40-60 years were included in the study. Quality of life was assessed by the quality of life scale. Result were presented as percentage.

## RESULTS AND DISCUSSIONS

The study population comprised of 50 menopausal women with 40-60 years age group. Table no: 1 illustrate that Mean age at menopause was 45. 6 years and 80% women set personal goals. 46% female were content with their romantic life and 42% women were able to control things. 42% women were satisfied with sexual interaction with their partner and 40% women considered their life stimulating. 36% women were not content with their sexual life. 30% women were physically well and 28% women got personal recognition in community. 28% women were proud of their occupational accomplishments and 26% women believed their work benefits the society, 22% menopausal women felt challenged by their work and 16% women set professional goals. 14% women engaged in active exercise three or more times/week.

12% women were unhappy with their appearance and 12% women's diet is not nutritionally sound. 10% women felt anxiety and 8% women felt that their mood was generally depressed. 8% women did not control on their eating habit and 6% women have not control on things that were happening to them. 6% women not were of control on their physical health. Only 2% women experienced physical discomfort or pain during sexual activity. Utain (2005) observed that vasomotor symptoms may lead to social impairment and work related difficulties that significantly decrease the overall quality of life. Vasomotor symptoms are associated with significant and indirect costs. Ruma Dutta et al., (2012) found that, a majority of women (88.1%) reported one or more post menopausal symptom. The presence of post menopausal symptoms may decrease the health related quality of life in women, because a majority of them still do not take any treatment for these symptoms.

**Table 1: Quality of Life Characteristics of Selected Menopausal Women**

No	Quality of life Characteristics	No of Respondents	Percentages
1	Mean age	45.6	45.6
2	Personal goals	40	80
3	Content with their romantic life	38	46
4	Able to control things	21	42
5	Satisfied with sexual interaction with their partner	21	42
6	Consider life stimulating	20	40
7	Content with their sexual life	23	36
8	Physically well	15	30
9	Personal recognition in community	14	28
10	Occupational accomplishments	14	28
11	Work benefits the society	13	26
12	Challenged by their work	11	22
12	Set professional goals	8	16
14	Active exercise three and more times.	7	14
15	Unhappy with their appearance	6	12
16	Diet is not nutritionally sound	6	12
17	Anxiety	5	10

Table 1: Contd.,

18	Depressive mood	4	8
19	No control on eating habit	4	8
20	Not Control on things that were happening to them	3	6
21	No control on their physical health	3	6
22	Physical discomfort or pain during sexual activity	1	2

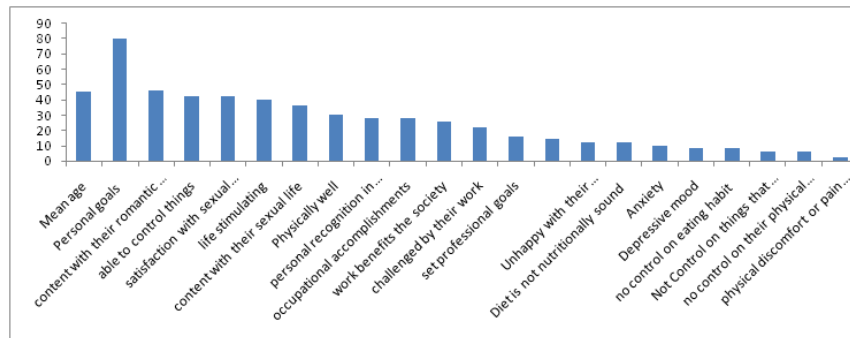


Figure 1: Quality of Life Characteristics of Selected Menopausal Women

## CONCLUSIONS

The present study revealed that the mean age at menopause was 45.6 years and 80% women set personal goals. 46 women were content with their romantic life and 42% women were able to control things. 42% women were satisfied with sexual interaction with their partner and 40% women consider with their life stimulating. 36% women seemed content with their romantic life and 30% women were found to be physically fit.

## REFERENCES

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